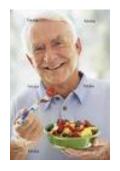
FOOD AND MEAL PROGRAMS





Community Services Agency of Mountain View/Los Altos

204 Stierlin Rd. Mountain View 650-968-0836

www.csacares.org

Has food pantry to supplement needed foods for those qualifying financially.

Meals on Wheels, Santa Clara County

1400 Parkmoor Ave, Suite230

San Jose, CA 95126

408-961-9870

www.healthtrust.org

(continued on next page)

Those who are disabled, chronically ill, or frail and unable to shop/cook for themselves are eligible for Meals On Wheels service. This includes individuals who are recuperating from an illness or injury that is keeping them homebound and in need of short term assistance.

Los Altos Senior Center

97 Hillview Ave. Los Altos, CA 650-947-2797

www.losaltosrecreation.org

Provides a nutritious lunch on the 2nd and 4th Fridays of each month for a small fee. Call for reservation.

Mountain View Senior Center

266 Escuela Ave. Mountain View, CA

650-903-6330

<u>www.mountainview.gov</u> (look under library, arts, recreation)

Provides a nutritious lunch Monday thru Friday for \$2.50/person for those over 60 years of age.

FOOD AND MEAL PROGRAMS

The Balance of Good Health



There are five main groups of valuable foods